

STERLING RECREATION DEPARTMENT SUMMER PROGRAMS 2015



REGISTRATION BEGINS APRIL 6th!

**Recreation Committee: Chairperson- Jo-Ann Cummings
Bob Finizio, Mark Hryniewicz,
Heidi Grady, Mike Regan & Kristen Nelson**

Recreation Director: Kristen Dietel

**Recreation Department: 1835 Town Hall 31 Main Street
Recreation Department Phone: 978-422-3041
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Town Web Page: www.sterling-ma.gov

SOMETHING FOR EVERYONE

**The Sterling Recreation Department is pleased to present the Summer Program Calendar for 2015.
We strive to develop and promote programs and activities to stimulate good health and fun times, as well
as provide a sense of community for all ages.**

**REMEMBER TO GET YOUR BEACH RESIDENT STICKER AT THE
DEPARTMENT OF PUBLIC WORKS**

REGISTRATION INFORMATION
REGISTRATION BEGINS APRIL 6th

REGISTRATION PROCEDURE: Visit **SterlingRec.com** to view, register & pay for programs with the exception of: Game On and Sports Adventure 2015; these registration forms will be sent home with students and available at the Rec Office. Regular registration forms will be available in the office.

By Mail or Walk-in: Don't want to pay online? No problem! Visit SterlingRec.com. print completed form and mail in with check or visit our office. Registration forms accepted in the Recreation Office Monday-Thursdays 8:00am-4:00pm and Fridays 8:00am-11:30am. Forms may also be placed in the drop off box at the Town Hall or the mail slot to the right of the 1835 front door. Mail to: Sterling Recreation Department, 1 Park Street, Sterling, MA 01564

FEES: Make checks payable to: Town of Sterling. All checks and registration forms are due prior to the start of the program. Any registration forms received less than 1 week prior to the start of the program will be subject to a \$10 additional fee. There is a \$25.00 service fee to The Town of Sterling, for all returned checks. **NEW!!!** We can now accept credit cards! Pay online or in the office (please note: a \$3 or 3% transaction fee applies)

NON RESIDENTS: There is an additional \$10.00 charge for non-residents. This is for programs only, it does not include Fox Tours or Collette trips.

NO PROGRAM CONFIRMATION WILL BE SENT OUT: Participants should consider their applications accepted and report to class for the first meeting unless otherwise notified. Please note all dates on your calendar and keep this booklet for information. The only time you will hear from us is if there is a change in the time, if a class/program is full and you have been placed on a wait list, or if the class/program has been canceled.

REFUND POLICY: *There will be no refunds for programs, you will get a credit towards other programs. This does not apply to programs that are canceled due to low enrollment or if the session is full.*

RESIDENT STICKER: All vehicles must have a town resident sticker to park at the town beach, Sholan Park at East Lake Waushacum. Stickers need to be attached to the driver's side front bumper or windshield. Resident stickers and "Guest passes" can be obtained at the DPW Monday-Friday 7:00-3:20pm. You will need to show a valid registration. You cannot receive a sticker or pass on week-ends and holidays, so plan ahead.
For more information go to www.sterling-ma.gov/dept-public-works

TOWN BEACH: at Sholan Park, East Lake Waushacum is tentatively scheduled to open June 20, weather permitting. There will be lifeguards on duty from 12:00pm to dusk. The beach will be closed on days of inclement weather. There are Recreation Programs at the beach that run from June 23-August 7, 8:30 am-12:00 noon, Monday through Friday. When Recreation programs are in session, the beach area is closed to residents. We ask for your help in keeping Sholan Park a clean, safe, family beach by observing the rules and cleaning up trash. Please recycle!!!

NO PETS ARE ALLOWED AT THE TOWN BEACH OR AT THE
WEST STERLING TENNIS COURTS

Athletic Fields and Facility Use Permits: All organizations & groups requesting use of fields or facilities must fill out a Facility Reservation and Field Request Form at the Recreation Office. Permits will be issued once the request has been reviewed and required documentation has been received by the Recreation Department.

Fall requests should be submitted by July 15th. All forms available on line: www.sterling-ma.gov/recreation

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THANK YOU, VOLUNTEERS & SEASONAL EMPLOYEES!!!

Monday & Saturday Ski/Snowboard Program- *John Sanders, Alicia Emsley, Tristan Lundgren* whose efforts make this a positive safe experience for all the participants. We appreciate your eagerness to help the inexperienced and experienced skier or snowboarder. **Winter Youth Basketball- Coaches** thank you for your dedication to our Winter Youth Basketball program in making it a fun learning experience for the youth of Sterling. Your enthusiasm and positive attitude in coaching is what made it a successful season. Thank you-***Matthew Maypothor, Maggie Holmqvist and Jeremy Witts*** who spent many hours supervising the basketball activities. Thank you to our pick-up basketball coordinators: ***Gregg Frantz, Sandra Regan & Steve MacCaulay***

Thank you- to ***Tony Cipro*** for the use of the school's facilities for our winter programs and summer camps. To ***Charlotte, Holly, Wendy, & Renatta*** for their patience with the scheduling. ***Susan Lauder and Mike Walsh*** for sharing the gym and equipment. Also, to the school ***Custodians*** for their assistance and cooperation in our programs. Thank you to the ***Girl Scouts*** and ***Boy Scouts*** who help out with special programs, Holiday Tree Lighting, and projects. Our appreciation to the ***Eagle Scouts*** who have completed service projects that benefit the community. And a big THANK YOU to everyone from the community that continues to support and promote our programs!

SUMMER PROGRAM INSTRUCTORS

PROGRAM	INSTRUCTOR	E-MAIL	PHONE
♦ Head to Toe & CORE Pilates ♦ Boot Camp	Susan Robbins	susanrobbins@verizon.net	978-257-9067
♦ Summer Lake Program ♦ Just Swim ♦ CIT ♦ Super Safari Adventure	Summer Staff	recreation@sterling-ma.gov	978-422-3041
♦ Kayaking and SUP Programs ♦ Kayak Rentals	Still River Outfitters	info@stillriveroutfitters.com http://www.sroyakshare.com	978-844-0965
Exploring Creativity: Art Experiences for Kids	Kathy Greene	greenek@email.com	978-829-9626
Children's Art	Suzanne Hauerstein	suzhau@gmail.com	978-563-1278
♦ Culinary Experience ♦ Let's Create ♦ Project Runway	Ginny Beaudin-Meade	Ginny_meade@wrsd.net	978-422-6719
Play Well-TEKologies LEGO	Play- Well Instructors	www.play-well.org	978-422-3041
Mad Science	Christine Smith	mzchrissmith@yahoo.com	978-422-6703
Sterling's Got Talent	Julie Morris	Julie_Morris@wrsd.net	
Minecraft Mastercrafters	Wicked Cool for Kids!	www.wickedcoolforkids.com	781-281-2180
♦ Sports Adventure ♦ Game On	Tom & Susan Lauder	Susan_lauder@wrsd.net	508-892-8690
♦ Sterling Rec Tennis Clinic ♦ Togo Basketball	Matt Pawelski	pawelskihouse@gmail.com	978-424-5126
Worcester County Tennis Academy	Lorene Shanley	lillie141@aol.com	774-364-0137
US Sports ♦ Multi-Sport ♦ Sports Squirts	Pete Hall	www.USsportsinstitute.com	
Y.A.H.O.O.	Rich Lane	www.sterlingyahoo.org	
Naga Fitness (yoga, kettlbells, butts & guts)	Gina Engel	Inderjit-Kaur@comcast.net	978-660-4309
Intro to Beach Volleyball	Peter Cranson	Peter_cranson@wrsd.net	
Girls' Pick-Up Basketball	Kevin Christian	Kevin.Christian@staples.com	
Music & Movement	Pakachoag Music School	info@pakmusic.org	508-791-8159
Yoga & Yoga Dance	Denise Welsh	denisewelsh7777@gmail.com	508-612-7777
Live-Action Filmmaking	IncrediFlix	Incrediflix.com	201-331-3306

TEEN AND ADULT FITNESS

THE HEAD TO TOE WORKOUT & CORE PILATES

AGES: 16+

DATES: Mondays July 13-August 24 OR Fridays July 17—August 28

TIME: Mondays 6:30-7:30pm

Fridays 8:45-9:45am

WHERE: 1835 Town Hall

FEE: \$84.00/ 7 weeks

Look your best! Boost your metabolism and strengthen and preserve your muscle tissue with this 60 minute head to toe workout! Learn how to strength-train safely. Tone, strengthen your bones, rev up your metabolism and improve your body composition to less fat and more muscle! Elevate your mood and your self confidence! This is a great class to break that plateau, mix up your workouts and get the results you have been wanting! **CORE Pilates!** The second part of the class will work your core with Pilates, for better posture, a flatter tummy and stronger backs! Find your six pack with this dynamic combination. Good health tips for exercise, nutrition and general wellness will be shared every week! Be ready to have fun! All that is required is a set or 5lb. & or 8lb. weights and a mat and water! Please feel free to also bring a stability ball. This class is perfect for the first time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely! *Instructor: Susan Robbins brings 30+ years of experience to the class and is ACE and CPR certified. Feel free to call or email!*

A.M. BOOT CAMP

AGES: 16+

DATES: Wednesdays July 15-August 26

TIMES: 5:30-6:30am

WHERE: 1835 Town Hall

FEE: \$84.00/ 7 weeks

Wake up to a rousing workout that will energize your day! A combination of strength training and cardio put together in a fun and challenging workout that changes every week! Join us for Core Bootcamp, Leg bootcamp and upper body Bootcamp!! The ultimate workout to burn body fat and increase your metabolism. All that is needed is you, a matt and water! This class is for all levels; beginner to advanced! An early morning wakeup call is calling you! For further information please contact instructor Susan Robbins at 978-257-9067 or e-mail susanrobbins@verizon.net

YOGA

AGES: 16+

DATES: Tuesdays July 14-August 11

TIMES: 8:30-9:30am

WHERE: 1835 Town Hall

FEE: \$60.00/5 weeks*

Combine Yoga and Yoga Dance: take all 10 classes for \$100 OR chose an hour of one and 1/2 hour of the other for \$80

Yoga for all levels focuses on strength, balance, and flexibility. Please bring your own yoga mat or large towel and wear comfortable clothing. Instructor Denise Welsh is a licensed massage therapist and owner of Moon Heart Yoga & Health Center. She has completed a 200 hour Yoga Alliance teacher training, along with Shake Your Soul© teacher training. To reach Denise call 978-422-7755 or email denisewelsh7777@gmail.com

YOGA DANCE

AGES: 16+

DATES: Tuesdays July 14-August 11

TIMES: 9:30-10:30am

WHERE: 1835 Town Hall

FEE: \$60.00/5 weeks*

Combine Yoga and Yoga Dance: take all 10 classes for \$100 OR chose an hour of one and 1/2 hour of the other for \$80

Join us for this easy, fun dance movement and stretching class! In this FUN, easy exercise class we combine Yoga, dance movement and stretching, inspired by music from around the world. No experience necessary!

To reach Denise call 978-422-7755 or email denisewelsh7777@gmail.com

FITNESS WITH GINA

All classes are taught by Gina Engel, a certified Yoga and Kettlebell instructor, as well as Reiki Master with more than 20 years experience in the fitness industry!

Gina is grateful for the opportunity to share the joy of exercising and teaching with her students.

Visit Gina's website: www.nagafitness.com for more details! Email her at: Inderjit-Kaur@comcast.net

FEE: All classes are \$10/class OR pre-purchase a 10 class card for \$90.00*pre-register with Sterling Rec*

WHERE: 1835 Town Hall

WHEN: see times below

MONDAY	TUESDAY	WEDNESDAY	SATURDAY
Cardio Kickboxing 5:30-6:30pm	Butts & Guts 5:30-6:30pm	Beginner/Intermediate Yoga 5:30-6:30pm	Kettlebells 8:00-9:15am
Special Topic & Pricing—see website for more details	Power Yoga 7:00-8:15pm	Kettlebells 7:00-8:00pm	Power Yoga 9:30-10:45am

CLASS DESCRIPTIONS

KETTLEBELLS:

This class is a vigorous, high calorie burning workout which increases strength and cardio fitness while firming and toning your body. Beginners are always welcome!! Kettlebells available for use for beginner students.



BUTTS & GUTS: Strengthen and tone your arms, abs, butt and legs using a variety of fitness styles including body weight, kettlebells and pilates inspired exercises. In addition to the fun and action packed weekly workout. Gina Engel will draw from her more than 20 years experience in the fitness industry to give effective nutrition tips as well as one exercise to focus on during the week between classes to accelerate your results! Kettlebells available for use for beginner students.

POWER YOGA: this is a vigorous flowing style of yoga which builds strength, burns calories and increases tone and flexibility. Fit beginners welcome. Please bring a mat, water bottle & dress comfortably.

BEGINNER/INTERMEDIATE YOGA: Reduce stress and increase your energy with yoga!! Each week we will work with yoga postures designed to strengthen and stretch your body, calm your mind and enliven your spirit. Beginners and all levels of ability are welcome! Bring a mat and water bottle, dress comfortably.



10 class cards are eligible for use in the Morning Yoga on the Beach class



MORNING YOGA ON THE BEACH

AGES: 14 +

DATES: Tuesday Mornings July 14- August 18

TIME: 7:00-8:00am

WHERE: Sholan Beach (1835 On Rain Days)

FEE: \$65/\$13 drop in

Start your day with "Yoga on the beach" in the warm summer sunshine. Reduce stress and increase your energy for a more productive day!! Each week we will work with yoga postures designed to strengthen and stretch your body, calm your mind and enliven your spirit. Beginners and all levels of ability are welcome!

Instructor, Gina Engel is a certified yoga instructor and Reiki Master.

****DON'T FORGET TO PICK-UP YOUR BEACH STICKER AT THE DPW****

FREE FOR ALL RESIDENTS!

BOATING PROGRAMS FOR YOUTHS & ADULTS

*ALL REQUIRED EQUIPMENT AND INSTRUCTION IS PROVIDED BY STILLRIVER OUTFITTERS, INC. VISIT www.stillriveroutfitters.com FOR MORE INFORMATION

ADVENTURE KIDS

AGES: 8-14

DATES: Monday-Wednesday, August 3-5

TIME: 2:00-5:00pm

WHERE: Town Beach

FEE: \$120.00

Combines recreational kayaking skills development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through fun, challenging games. Staff includes ACA Certified Instructor and Trained Adventure Facilitator.

INTRODUCTION TO STAND-UP PADDLEBOARDING

AGES: 15+ (or 9+ with and adult)

DATES: Saturday June 6

TIME: 9:00-11:00am

WHERE: Town Beach

FEE: \$60.00

Stand-Up Paddleboarding is just rocketing in popularity! Like walking on water while getting a great workout! But what is it? Imagine standing on a large surfboard using a long canoe-like paddle to move you along. This class is super fun and an awesome opportunity to try this new sport!

MOMMY/DADDY & ME STAND-UP PADDLEBOARDING

AGES: Adult + child (child must be able to maintain their balance sitting & standing)

DATES: Wednesday June 10

TIME: 1:00-2:30pm

WHERE: Town Beach

FEE: \$75.00/pair

Designed for active parents with growing families. Learn to paddle a stable recreational SUP and get quality with your mini-you! We'll teach you basic paddling strokes, concepts and tricks to make the outings with your child fun and (almost!) stress-free. Children must be able to maintain balance on their own while sitting and standing. Combined weight should not exceed 300lbs.

YOUTH INTRO TO RIVER KAYAKING

AGES: 10-15 (under 10 may participate w. approval)

DATES: August 20 8:00am-12:00pm

August 21 8:00am-5:00pm

TIME: 2:00-5:00pm

WHERE: Pick-Up/Drop-Off at Town Beach

FEE: \$235.00

Paddling in moving water present unique challenges and opportunities. This class will start on the lake where you'll learn all the unique characteristics of a river kayak, strokes and maneuvers associated with moving water, and basic rescues. The second part of this class will take you to the Deerfield or Millers River where you'll learn to safely paddle downriver. All equipment and transportation for the second part of this class is included. Each class will have one SRO ACA Certified Instructor and one member of our WILD Outdoor Leadership Program per 4 students. Children under 10 may be permitted to attend with SRO Instructor approval.

Kayak & Stand Up Paddleboard Rentals at the Town Beach!

Still River Outfitters will have kayaks, stand-up paddleboards, paddles & lifejackets available for renting

June 21-August 16 (no 8/9)

\$13.50 when you pre-register; \$15 for walk-ups

To pre-register and pay on line go to: <http://www.sroyakshare.com>



QUICK-START YOUR KAYAK

AGES: 15+ (or 9+ with and adult)
DATES: Thursday June 18
TIME: 5:30-8:30pm
WHERE: Town Beach
FEE: \$75.00

Quick-Start is a brief, three hour introduction to paddling a kayak. Students are presented with basic information on terminology, dressing, paddle safety, potential hazards and simple rescues. A basic paddle skill set is presented and practiced, allowing students to safely and comfortably maneuver on still water.

MOMMY/DADDY & ME KAYAKING

AGES: Children 1-5 w. adult
DATES: Thursdays, May 7, 14 & 21
TIME: 10:00-11:30am
WHERE: Town Beach
FEE: \$105.00/pair

Designed for active parents with growing families. In addition to basic paddling skills and safety considerations, we help parents adapt to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where your child will sit safely between the parents legs in the kayak's cockpit. The child should be able to sit up on their own and the combined weight of parent and child should not exceed 300lbs.

TEEN PROGRAMS

A CULINARY EXPERIENCE

AGES: Entering grades 5-12
DATES: July 20-24
TIMES: 9:30am-1:00pm
WHERE: Chocksett Middle School Cafeteria and Art Room
FEE: \$165.00

Are you interested in learning different culinary techniques? This class will teach you many different things, such as how to make basic sauces, different knife techniques, safety in the kitchen and much more! If you are considering a career as a chef this class is for you! **Notify instructors of any food allergies.** Instructors: Connor Meade and Ginny Meade.

LIVE-ACTION FILM MAKING

Presented by IncrediFlix

AGES: 14-16
DATES: August 3-7
TIMES: 9:00am-12:00pm
WHERE: 1835 Town Hall
FEE: \$160.00

This camp is designed for those who want to learn to make their own live-action movies. IncrediFlix's talented instructors will guide you through the filmmaking process as you brainstorm, location scout, bring in props and costumes, act and direct in a collaborative movie. Flix are downloadable within a month after camp ends.

ONLINE REGISTRATION IS HERE!

Visit sterling-ma.gov/recreation and click the red button.

Create your household, add members and provide information-every time you register for a program, that information will already be there!

Pay electronically or print and mail completed registration with payment to 1 Park Street, Sterling MA 01564.

Having trouble? Click the "Help" button at the top of your screen OR give us a call at the office!

We are excited to make the registration & payment process easier for our community!

Sterling-ma.gov/recreation

SWIMMING PROGRAMS

SUMMER LAKE PROGRAM

AGES: Children entering grades 1-8

DATES: Session I June 29-July 10

Session II July 13-July 24

Session III July 27-August 7

NEW! One week options Can't commit to two weeks? Come for just one!

TIME: 8:30am-12:00pm

WHERE: Sholan Park (Town Beach)

FEE: \$130.00/session ; \$70/week; **Family Cap: \$330**

Enjoy the outdoors at Sholan Park with Red Cross swim lessons, games and crafts. Children will have fun with dress-up themes and team relays. Children in 1 week session options will NOT receive swim cards. Bring towel, swimsuit, morning snack, and appropriate clothing for the weather. **Bring sneakers for the games.** Program will be cancelled on stormy days. No make-ups.



JUST SWIM LESSONS

AGES: Children entering grades 1-8

DATES: Session I June 29-July 10

Session II July 13-July 24

Session III July 27-August 7

TIME: Time is dependant on child's grade & swim level. Please call Rec Office for time inquiries

WHERE: Sholan Park (Town Beach)

FEE: \$75.00

Join in with the scheduled swim lessons of the Lake program for nine 45 minute lessons. You will be notified with the time of your child's lesson by the Recreation Dept. **No parents will be allowed in the program area.** (No make-ups) This does not include any other activities of the Lake Program.

POLLY WOG PROGRAM

AGES: Children entering kindergarten

DATES: Session I July 6- July 10

Session II July 20-July 24

Session III August 3-August 7

TIME: 8:30- 12:00pm

WHERE: Sholan Park (Town Beach)

FEE: \$75.00

Children entering kindergarten will have fun playing games, doing modified arts and crafts, enjoy Red Cross swim instruction with our qualified Water Safety Instructors, story-time , and more! They will be in groups separate from the Lake Program with a 1 to 4 ratio. Children will need to bring a morning snack, swim suits, towels, and warm clothing for cool days. **Mark all items with your child's name. Please apply sunscreen to your child before coming. No make-ups for cancelled days.** *Limited enrollment*

COUNSELOR IN TRAINING PROGRAM (C.I.T.)

AGES: Entering 9th grade

DATES: Session I June 29-July 10

Session II July 13-July 24

Session III July 27-August 7

TIME: 8:15am-12:15pm

WHERE: Sholan Park (Town Beach)

FEE: \$30.00

Two week session to learn how to become a great counselor! Learn about activity planning, child development, effective leadership styles and more while working with the Summer Lake Staff. Those individuals that may be interested in becoming swimming instructors will learn good techniques from our qualified Water Safety Instructors! CIT's are **only allowed one-2 week session. No split sessions permitted.**

SUPER SAFARI ADVENTURE

AGES: Entering grades 3-8

DATES: June 23– 26 ****Must sign-up by June 15th****

TIME: 9:00am-4:00pm (Thurs & Fri 4:30pm return)

WHERE: Sholan Park and Field trips

FEE: \$250.00/4 days or \$70.00/day if just signing up for a specific trip



Kick off the summer with our *Summer Lake Staff* for 4 days of fun activities! With longer hours and new venues, prepare for even **BIGGER** adventures!

Tuesday, June 23– Sholan Park/ Kimball's Farm in Westford– the bus will pick-up at Sholan Park for a fun day at Kimball's farm. This outing includes a choice of hamburger / hotdog and ice cream, 2 bumper boat rides, with unlimited use of the driving range and 18-hole mini golf course, and the sand volleyball-horseshoes-tug-o-war. We will return to Sholan Park for pick-up. Wear appropriate clothing for the outing. Sneakers or shoes with backs are encouraged.

Wednesday, June 24– Sholan Park/SkyZone– 120 minutes of jump time! Plenty of time to challenge the counselors to a dodge ball game or just jump with friends. Pizza will be provided. Bring bathing suit and towel for swimming at the beach following the trip.

Thursday, June 25– Sholan Park/Canobie Lake Park, Salem NH–the ultimate family Amusement park. Lunch will be provided at the park (included in cost). We will not return to Sholan Park until 4:30 pm.

Friday, June 26– Sholan Park/ Water Country, Portsmouth NH–the bus will pick-up at Sholan Park and take us to Water Country for an AMAZING day of zipping down water slides, floating down the lazy river and cooling off in the wave pool. Adventurers should bring lunch, drinks & snacks to be stored in cooler with staff. We will not return to Sholan Park until 4:30 pm.

The bus will leave Sholan Beach at approximately 9:15am and return in time for pick-up at 4:00pm (except for Canobie Lake Park & Water Country, which will return at approximately 4:30 to accommodate travel time)

Adventurers should wear and bring sun screen everyday, as well as bathing suits, towels, water & snacks. *Absolutely NO valuables please!*

Participants will receive t-shirts which need to be worn on every trip to ensure safety!



Play-Well TEKnologies with LEGO®

PRE-ENGINEERING: MINE, CRAFT, BUILD using LEGO®

AGES: Entering grades K-2

DATES: July 20– July 24

TIMES: 9:00am-12:00pm

WHERE: 1835 Town Hall

FEE: \$140.00

Bring Minecraft to life using tens of thousands of LEGO® Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities.

ENGINEERING FUNDamentals: MINE, CRAFT, BUILD using LEGO®

AGES: Entering grades 3-5

DATES: July 20-July 24

TIME: 1:00- 4:00pm

WHERE: 1835 Town Hall

FEE: \$140.00

Bring Minecraft to life using LEGO® Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO®.

SCIENCE & COMPUTER PROGRAMS

MAD SCIENCE

AGES: Entering grades 2-4

DATES: July 13-17

TIMES: 9:00am-1:00pm

WHERE: Chocksett Middle School Science room

FEE: \$160.00

This course is a fun way to experience all kinds of science through hands on learning. All new experiments in chemistry, biology, anatomy, physics, and other related subjects. Kids will have fun experimenting with different materials to bring about exciting and unexpected results. The course price includes all materials and lunch will be made on the last day of camp. Children can bring lunch for the other days. Instructor: Chris Smith

MINECRAFT MASTERCRAFTERS

Presented by Wicked Cool for Kids

AGES: Entering grades 3-7

DATES: July 27-31

TIMES: 8:30am-2:30pm

WHERE: Chocksett Middle School

FEE: \$240.00

Experience Minecraft Mastercrafters, an advanced Minecraft program where educational gaming is offered in conjunction with our hands-on science and engineering activities as focused, companion lessons. Think you've got what it takes to be a Mastercrafter? Hone your Minecraft skills in this teacher-controlled platform where we learn and interact virtually in a classroom setting. Student teams will explore, manipulate problem-solve and build in worlds that have been customized for Wicked Cool learning activities. We will become Mastercrafters as we focus on energy, powering mechanisms, and using redstone to build and design our way through the tricky labyrinth of the Mastercrafter Island.

ART & COOKING PROGRAMS

ART EXPERIENCES FOR CHILDREN

AGES: Entering grades 1-5

DATES: Session I: July 6-10 **only 1 session -- limited enrollment**

TIMES: 9:00am-12:00pm

WHERE: Houghton Elementary School

FEE: \$150.00

Your children will unleash their creativity as we explore ways to use line, shape, color, texture and form in a variety of art activities. We'll be drawing, painting, sculpting, and hand crafting, while learning about how different artists use a variety of techniques to create art. Your children will be taught strategies to develop their own ideas, while encouraging use of individual expressions in their work. They will also receive a sketchbook and "drawing kit" to be used both during the week and throughout the summer--to practice what they've learned. In addition to Mrs. Greene, experienced program assistants will be on hand to ensure that your child receives individual attention and instruction as needed. Please send your artist with a snack and drink each day. Water will be available. Please contact Kathy at greenek@email.com with questions.

LET'S CREATE!

AGES: Entering grades 5-8

DATES: July 6-10

	TIME	COST
FULL DAY	9:00am-2:00pm	\$235.00
HALF-DAY	9:00am-12:00pm	\$125.00

WHERE: Chocksett Middle School Cafeteria and Art Room

Your child will explore a variety of techniques and media, including the potters wheel. Full day students will learn cooking by making their own meals and continue the rest of the day in the Art Studio. All students are encouraged to bring a snack and a drink. All supplies included. Please notify instructors of food allergies. Instructors: Rachel Grabek and Ginny Meade .

STERLING'S GOT TALENT!

AGES: Entering grades 4-8

DATES: July 20-24

TIMES: 9:00am-2:00pm

WHERE: Chocksett Middle School

FEE: \$150.00

Are you interested in singing, dancing, or just making people laugh? Sterling's Got Talent is the place for you! This is your chance to show off your hidden, or not so hidden, talents! Advisors will help guide you in creating solo and group acts! Learn how to work in the light and sound booth. You may even be chosen to be the Master of Ceremonies. Spots limited! Instructor: Julie Morris

PROJECT RUNWAY

AGES: Entering grades 5-8

DATES: June 29- July 1

TIMES: 9:30am-2:00pm

WHERE: Chocksett Middle School Art Room

FEE: \$165.00

This program is designed for the aspiring fashion designer. If your child loves to sew or wants to learn, then this is the class for them. The class will include all materials needed to produce a functional/wearable item. Due to requests, this program is entirely sewing. Students should bring lunch, drinks & snack. Instructors: Ginny Meade & Brianna Pageau

NATURE ARTS

AGES: 4-6 without an adult

DATES: July 13-17

TIME: 12:30-3:00pm

WHERE: 1835 Town Hall

FEE: \$100.00

We will be inspired by the great outdoors to create leaf prints, sand paintings, weather tracking journals, a nature collage, natural fabric dyes, landscape painting and story stones. Weather permitting we will work outside as much as possible. Materials included. Please bring small snack. Instructor Suzanne Hauerstein

CIRCLE ART!

AGES: 4-6 without an adult

DATES: July 27-31

TIME: 12:30-3:00pm

WHERE: 1835 Town Hall

FEE: \$100.00

Come explore all things circle! Spin art, marshmallow painting, color wheel, mandalas, radial designs, circle weaving and printmaking. Weather permitting we will work outside as much as possible. Materials included. Please bring small snack. Instructor: Suzanne Hauerstein.

FIBER ARTS & HAND SEWING

AGES: 7-10

DATE: August 10-14

TIME: 12:30-3:00pm

WHERE: 1835 Town Hall

FEE: \$100.00

Using hand sewing and weaving techniques we'll create mini woven necklace pendants, hand-drawn animal pillows, friendship bracelets, embroidery hoop stitching, hand-printed infinity scarves and more. Weather permitting we will spend time outside. Materials included. Please bring small snack. Instructor: Suzanne Hauerstein

PRE-SCHOOL PROGRAMS

MUSIC & MOVEMENT SUMMER SAMPLER

AGES: Birth-5

DATES: Mondays July 6-August 3

TIMES: 9:30-10:15am

WHERE: 1835 Town Hall

FEE: \$50.00/4 weeks or \$60/5 weeks *15.00 sibling discount!*

Sampler classes are a great way to sample Pakachoag Music School's popular school-year Music Together Program; or simply tag on some summer fun! Through singing, movement and instrument play with drums, sticks and scarves, your child or grandchild develops their natural musicality while having lots of fun!

Visit PakMusic.org to register!

TOTAL SPORTS SQUIRTS

AGES: 3-6

	DATES	TIMES	COST
SESSION I	July 13-17	3:30-4:30pm	\$85.00
SESSION II	August 10-14	4:00-5:00pm	\$85.00

WHERE: Griffin Road Fields

Introduces children aged 3 to 6 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly FUN FUN FUN! Please wear plenty of sunscreen and bring water. Presented by US Sports. ****Must provide immunization records upon registration****

YOUTH SPORTS PROGRAMS

STERLING'S SPORTS ADVENTURE 2015!!

AGES: Entering grades 1-8

DATES: Session I: June 29– July 2 (M-TH)

Session II: July 6-9 (M-TH)

TIMES: 8:30am-2:30pm

WHERE: Houghton Elementary and Chocksett Middle School

FEE: \$145.00 /child /session OR \$280.00/child/ sign up for both sessions

*this program has a separate registration form that will be sent home in backpacks and will also be available at the Recreation Office and Recreation web site

A 4 day fun-filled week of a wide variety of sports for children entering grades K-8, including team and lifetime activities, biking and adventure games! Presented by Tom & Sue Lauder Wear shorts, T-shirts, sneakers, jacket or sweatshirt for cooler weather. Bring a lunch and sunscreen.

INTRODUCTION TO BEACH VOLLEYBALL

AGES: Entering grades 5-8

DATES: July 27-31

TIMES: 4:00-5:30pm

WHERE: Town Beach (volleyball court)

FEE: \$75.00

Instructional volleyball; all levels of play welcome. The focus will be on forearm and overhead passing, serving and position play. Instructor: Peter Cranson

TOTAL PLAY MULTI-SPORTS

by US Sports

AGES: 7-14

DATES: July 13-17

TIMES: 9:00am-3:00pm

WHERE: Griffin Road Fields

FEE: \$165.00

Experience over 16 different sports from around the world including soccer, basketball, lacrosse, volleyball, cricket, and more! All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all FUN! Dedicated to children of all abilities.

BASEBALL FUNDAMENTALS

AGES: 5-8

DATES: Session I: June 29-July 2 (rain date 7/3)

Session II: August 3-6 (rain date 8/7)

TIMES: 4:00-5:30pm

WHERE: Redstone Hill

FEE: \$65.00/session

Come learn and practice the FUNdamentals of baseball including: catching, throwing, pitching, hitting & running. Players should bring helmet, glove, bat, cup (for boys) and plenty of water! Coaches Jeff & Hollie Lucht.

TENNIS PROGRAMS

STERLING RECREATION TENNIS CLINIC

AGES: 8-17

DATES: Session I: July 20-23

Session II: July 27-30

TIMES: 9:00am-11:00am

WHERE: West Sterling Tennis Courts

FEE: \$80.00/ session

Join Matt Pawelski, former college tennis player and current head coach for Leominster High School Boys' Tennis, for four days of tennis! The clinic will stress the fundamentals of tennis specifically; forehand, backhand, serve, volley, scoring and tennis etiquette. Please bring sneakers, tennis racket, sunscreen and water bottle.

Don't forget! Be sure to get your resident sticker before parking at the Town Beach
Visit the DPW to obtain your pass or visit their website
sterling-ma.gov/dept-public-works



WORCESTER COUNTY TENNIS ACADEMY

AGES: 6-12

DATES: August 3-6 (rain date on Friday Aug. 7)

TIMES: 9:00am-12:00pm

WHERE: West Sterling Tennis Courts

FEE: \$100.00

This tennis program is designed to teach students the proper strokes with emphasis on correct grips and techniques. Our goal is to make tennis fun and affordable, as well as challenging for the young player. Most importantly...we make it FUN! We'll add additional professionals to ensure that the child-instructor ratio is ideal for learning! T-shirts are included in the cost. All supplies are provided, just bring a snack, water and a smile. This session is run by Lorene Shanley who is a certified Tennis Instructor through the Professional Tennis Registry

BASKETBALL PROGRAMS

TOGO PALAZZI BASKETBALL CLINIC

AGES: 8-17

DATES: July 13-16 (M-TH)

TIMES: 8:30am-2:30pm

WHERE: Chocksett Middle School Gym & Houghton Elementary Gym

FEE: \$175.00

Togo Palazzi Basketball is back for its 15th summer of excellence! This clinic is designed to develop and improve the individual skills and game concepts necessary to become a complete player. Participants will be grouped by age, size, gender and ability to assure maximum challenge and accurate evaluation of performance. Clinic includes emphasis on fundamentals, individual instruction, offensive and defensive techniques, station drills, stretching and conditioning, guest speakers, daily games, free clinic shirt, and awards presentation. The Clinic staff is former NBA and Division One players, high school and college head coaches. Please bring your own lunch daily along with sneakers, socks, shorts, shirts, sunscreen and water bottle.

GAME ON!

AGES: Entering grades 2-8

DATES: July 27-30 (M-TH)

TIMES: 8:30am-2:00pm

WHERE: Houghton & Chocksett Schools

FEE: \$150.00

Basketball, leadership, fitness and **fun!** Sessions will include basketball instruction from outstanding coaches and teachers for players of all ability levels. Part of the day will include various leadership and fitness activities. Basketball instruction will include age-appropriate skills and drills, lead-up games and competitions. A wide variety of activities will make this a fun-filled week! Instructors: Tom & Sue Lauder...with special guests!

GIRLS' PICK-UP BASKETBALL

AGES: Girls entering grades 6-10

DATES: Tuesdays starting July 6

TIMES: 5:30-6:30pm

WHERE: West Sterling Tennis Courts

FEE: FREE!!!

Girls pick-up is an opportunity for young basketball players to get together on summer nights for some fun on the court! Parent volunteer and supervisor, Kevin Christian, will provide some instruction, while facilitating games. Times and dates will be determined by interest and weather. Players should wear appropriate shoes and bring water. Basketballs will be provided. You can contact Kevin at kevin.christian@staples.com

TRIPS

FOX TOURS DAY TRIPS

All trips depart from Shaw's Parking Lot in Clinton, MA

SATURDAY MAY 16 2015: Foster's Lobster Bake- Start with scenic Nubble Light House & York Village. Then be ready to feast on delicious food at Fosters--including clam chowder, mussels, clams, lobster, corn, potatoes and blueberry crumb cake! Musical entertainment provided too.

TOUR COST: \$82.00 per person

DEPARTURE TIME: 9:00am from Shaw's Parking Lot, Clinton MA

RETURN TIME: 6:30pm to Shaw's

SATURDAY JUNE 21 2015: Cape Cod Canal 101st Anniversary Tour- Travel to beautiful Cape Cod, where you'll visit Sandwich Glass Museum, Daniel Webster Inn for The Grand Buffet and finish with a 2 hour cruise of the canal. Enjoy this historic day learning about one of New England's treasures.

TOUR COST: \$84.00 per person

DEPARTURE TIME: 8:00am from Shaw's Parking Lot, Clinton MA

RETURN TIME: 6:00pm to Shaw's

SUNDAY AUGUST 2 2015: Martha's Vineyard- Take the Island Queen ferry over to Oak's Bluffs, famous for it's brightly painted Victorian gingerbread cottages. Visit Edgartown and take in a day of sights, restaurants & sight-seeing.

TOUR COST: \$89.00 per person

DEPARTURE TIME: 7:15am from Shaw's Parking Lot, Clinton MA

RETURN TIME: 7:00pm to Shaw's

SUNDAY OCTOBER 18 2015: Mohawk Trail Foliage Tour-

Visit lovely Shelburne where the famous Bridge of Flowers is located. A former trolley bridge that crossed the Deerfield River, the structure has now been converted to a veritable cornucopia of annual and perennial flowers. Enjoy a traditional New England luncheon at Chandler's, followed by a visit to Atkins Farms.

TOUR COST: \$78.00 per person

DEPARTURE TIME: 9:00am from Shaw's Parking Lot, Clinton MA

RETURN TIME: 6:00pm to Shaw's

SATURDAY November 21 2015: New York City Shopping- Take a luxury Silver Fox coach into the Big Apple. Drop off in Rockefeller Center and at Macy's. Spend the day taking in the sights and enjoying the holiday atmosphere.

TOUR COST: \$69.00 per person

DEPARTURE TIME: 6:30am from Shaw's Parking Lot, Clinton MA

RETURN TIME: 10:30pm to Shaw's

COLLETTE VACATIONS

OCTOBER 11-19 2015: California Coast- Tour the entire California Coast without planning a thing! Collette Vacations handles all the details...from places to see, tourists attractions, hotels & flights! Visit sterling-ma.gov/recreation -- Trips for more details! Book soon for the best price!!

**More trips & information available on our website.
Register for programs at sterling-ma.gov/recreation**



**"Like" us on Facebook for the most up to date information,
reminders, events & pictures**

FREE SUMMER CONCERT SERIES 2015



ALL CONCERTS WILL BE HELD AT MEMORIAL PARK
MONDAYS & WEDNESDAYS

6:00-8:00pm

**** Wednesday August 12 & 19 are rain dates****



WEDNESDAY, JULY 1- THE BLUE FLAMES: A 4-piece band based in Sterling. They play all kinds of music from classic to rock! Whatever your taste, from sweet pop harmonies to flowing jams to blistering rock to bizarre Sabbath covers. The Flame frequently play at local venues.

MONDAY, JULY 6 –TRANSISTORS: Sounds of the sixties! Not just another retro band-these guys are the real deal! Brain “Double O” Cutler on drums, Steve “Silverstone” Coveney on guitar, Tom “Rockin Tommy” Bell with lead vocals and harmonica, and Warren “Wando” Mannell on bass. www.transistorsband.com



WEDNESDAY, JULY 8–THE MAIN EVENT: This group will bring you back to classic nightclub entertainment when an evening out was a blast and lasting memories were made. From Sinatra, Dean Martin, Elvis and Bobby Darin...to Bublè, Frankie Valli, Roy Orbison and more! It's nostalgic; it's great music and a guaranteed good time!

MONDAY, JULY 13–RAMPAGE TRIO: The Rampage Trio is a high energy, blues-rock boogie, dance band featuring singer-songwriter-guitarist, Brian Owens, singer-bassist, Iain Perry and singer-harmonica player-drummer, Kevin Crowley. They have five CD's to their credit and have shared the stage with the Edgar Winter Band, Mountain, Joe Bonamassa, James Cotton, Candy Kane, Otis Clay, Buckwheat Zydeco, Big Sandy, and others. www.lowellrocks.com/artist/rampagetrio

WEDNESDAY, JULY 15–TIME MACHINE: The Time Machine band has long been considered one of the best vocal bands in Worcester County. Individually, the band members have shared the stage with such national and international stars; one of the band members recently had his CD recording entered into the Grammy Nomination process! This band plays an eclectic mix of British Invasion music, as well as 70's Rock and Blues. Collectively, all the band members give voice to their life-long dedication to Classic rock music.

MONDAY, JULY 20 – SIDE EFFECTS: An acoustic band that plays classic, current & original rock! Performing music by the following artists: Allman Bros, America, Beatles, Bon Jovi, CCR, Collective Soul, CSNY, Daughtry, Eagles, Jim Croce, John Denver, John Mellencamp, and many more.



WEDNESDAY, JULY 22– THE NOWHEREMEN: Double the Beatles this summer!! Boston's feistiest **Beatles** band who will have you dancing and singing. Each Nowhere Man is a powerful singer capable of leading the song or blending in harmony. The quartet remains faithful to the fab four's concept of three guitars up front with cuddly drummer in back. www.myspace.com/realnowheremen.

MONDAY, JULY 27-FAR FROM EDEN: This 4 piece focuses on straightforward arrangements of current pop hits and classic rock tunes to provide entertaining live shows for their growing fan base. Talented vocalist Tina Pugliese Savage, combined with seasoned musicians, drummer Ed Scholz, bassist Bob See, and guitarist Dave Bourdeau round things out providing cleverly crafted 3 piece versions of songs from varied artists, including Adele, Bruno Mars, Led Zeppelin, Steely Dan, Stone Temple Pilots and U2. This band strives to maintain instrument levels that get you dancing without making your ears ring after a night out!

WEDNESDAY, JULY 29– THE GOLDEN ROAD BAND: The Golden Road Band is a Leominster, MA, Rockin' Country band that plays modern Country, a taste of traditional Country, a little Southern Rock, Blues and Classic Rock that is sure to put a smile on your face! The Golden Road Band is one of New England's hottest Country/Classic Rock bands. It is comprised of former members of some of the area's finest acts.

MONDAY, AUGUST 3– WACHUSETT COMMUNITY BAND: This band has been playing in Sterling's summer concerts for the past 9 years. The band has 25 plus musicians from the Wachusett Area. They play a variety of marches, show tunes, & more.



WEDNESDAY, AUGUST 5- THE ILLUSIONS: Play music from the 60's, 70's, & 80's including contemporary top 40's and across all genres, Country, Pop, Rock, etc. They get audiences of all ages involved.

MONDAY, AUGUST 10-JAZZ VOYAGE: A Jazz Quintet from the Joy of Music Program that grooves on jazz, funk, Latin and world music. Sterling residents Dave and Ryan Clark are members.

MONDAY, AUGUST 17- WORCESTER COUNTY BLUEGRASS ALL STARS Paul Della Valle and the Worcester County Bluegrass All Stars are Sterling songwriter Paul Della Valle backed up by some of the best acoustic musicians in the area. They include the legendary Walter Crockett on guitar, Fran McConville and Dave DiBiasio of Slo-Grass on mandolin and banjo, and Bob Dick of the Blackstone Valley Bluegrass Band on bass

MONDAY, AUGUST 24- SUMMER CONCERT SERIES FINALE WITH THE BLUE FLAMES: A 4-piece band based in Sterling. They play all kinds of music from classic to rock! Whatever your taste, from sweet pop harmonies to flowing jams to blistering rock to bizarre Sabbath covers. The Flame frequently play at local venues.



Indicates bands sponsored by the Massachusetts Cultural Council's Sterling Chapter. We thank them for their continued support!

This program would not be possible without our wonderful community partners! Become a community sponsor TODAY!!

All sponsors will receive marketing space in our Summer Concert Series brochures, on our website & on the Summer Concert Series banner at Memorial Park

STERLING RECREATION
SUMMER 2015 PROGRAM REGISTRATION FORM

REGISTER ONLINE at STERLINGREC.COM

Separate forms needed for Game On, Sports Adventure, and Super Safari
REGISTRATION BEGINS ON APRIL 6, 2015

PLEASE PRINT CLEARLY

Participants Name: _____

Address _____

Home Phone: _____ Work/Cell Phone _____

E-Mail: _____

CIRCLE SHIRT SIZE FOR TENNIS CLINICS, TOGO BASKETBALL & CIT :

YOUTH: SM MED LG

ADULT: SM MED LG X-LG

SWIM LEVEL for Lake Programs _____

Must be completed if Participant is under 18 years of age:

DOB: _____ Age: _____ Grade in FALL _____ Gender: _____

Parent(s) Name: _____

Home Phone: _____ Work/cell Phone: _____

Emergency contact if we can't reach parent. Name: _____ Phone _____

Please list any physical limitations/restrictions and/or medications taken and food allergies: _____

* ADD \$10 TO REGISTRATIONS IF YOU ARE A NON-RESIDENT OR IF THE FORM IS NOT RECEIVED WITHIN ONE
WEEK PRIOR TO START OF PROGRAM

PROGRAM TITLE	DATE/ SESSION	TIME	COST	<u>*Add additional \$10 Late Fee/Non Resident Fee</u>

Waiver In consideration of this application, I or my child hereby release, discharge and/or indemnify the Recreation Director, Recreation Committee, Staff, and/or Volunteers, the Town of Sterling and its' elected officials of any liability related to the operation of this program. I hereby give my consent for emergency medical care prescribed by a licensed Doctor of Medicine or Doctor of Dentistry. It is possible that pictures will be taken during classes. I agree that pictures taken during program hours could potentially be used for promotional purpose. I understand that all participants of the Recreation programs will be respectful of anyone employed by or contracted by the Recreation Department when participating in Recreation sponsored programs. I understand that the Recreation Department will not be responsible for any or all personal items brought to any Recreation Dept. sponsored programs. I understand when I or a designated person signs my child out from a Recreation sponsored program, the responsibility of my child and his/her belongings are my sole responsibility

Signature _____ Date _____

Signature of participant (or parent/guardian if under 18) **WAIVER MUST BE SIGNED TO PARTICIPATE IN PROGRAMS**

Make checks payable: TOWN OF STERLING Mail to Sterling Recreation, 1 Park Street, Sterling, Ma 01564 or drop off at 31 Main Street, 1835 Town Hall located in the center of Sterling

For Office use only: Date Received _____ Check# _____ Cash _____ Amount: _____

Register online at SterlingRec.com

STERLING RECREATION DEPARTMENT
SUPER SAFARI ADVENTURE

REGISTER ONLINE AT STERLINGREC.COM

Entering grades 3 -8 **Time: 9:00am –4:00pm (Thurs. & Fri. return at 4:30pm)** **Meet at Sholan Park**

PRICE IS ALL INCLUSIVE!

DATES: - June 23- June 26 \$250.00/week or \$70.00/day

Tuesday, Jun 23: Sholan Park/ Kimball's Farm in Westford, MA

Wednesday, Jun 24:Sholan Park/SkyZone Westborough, MA

Thursday, Jun 25: Sholan Canobie Lake Park, Salem, N. H.

Friday, June 26: Sholan Park/Water Country, Portsmouth N.H.

Parent/Guardian – Please check meal choice

My child will have the following foods:

KIMBALLS: Hamburg__ Ch burger__ Hot dog__ Veg burger__ chips, soda, & kiddie ice cream included

CANOBIE LAKE PARK: Choice of: cheese burger, burger, hot dog, pizza & soda

SKYZONE: Everyone will have pizza. Sterling Rec will provide water & snacks.

WATER COUNTRY: Everyone will bring their own lunches, snacks, drinks etc

Please choose a T-Shirt size for your child : **YOUTH: SM MED LG; ADULT: SM MED LG X-LG**

Participants **MUST** wear their Super Safari shirts on all trips

Per day date(s) _____ Total Cost: _____

PLEASE PRINT

Name: _____

Address: _____

Phone: _____ **Alt. Phone:** _____ **E-Mail:** _____

DOB: _____ **Age:** _____ **Grade in the Fall:** _____ **Gender:** _____

Parent(s) Name: _____ **Allergies/Physical Limitations:** _____

****Person, other than parent, to contact in case of Emergency:**

Name: _____ **Phone:** _____

PARTICIPATION WAIVER

MUST BE SIGNED

I give my child permission to participate in the Sterling Recreation programs including field trips. I hereby release, discharge and/or indemnify the Recreation Director, Recreation committee, the Town of Sterling, its' elected officials, staff, and/or volunteers of any liability related to the operation of this program as well as StillRiver Outfitters. I hereby give my consent for emergency medical care prescribed by a licensed Doctor of medicine or Doctor of dentistry. Participants are expected to conduct themselves in a responsible, respectful manner. Unacceptable behavior may result in contacting parents during program.

Participant or Parent/Guardian: _____ **Date:** _____

For Office use only: Date Received _____ Check# _____ Cash _____ Amount: _____

Register online at SterlingRec.com

SUMMER FUN IN THE SUN!



REMEMBER TO GET YOUR BEACH/RESIDENT STICKER AT THE DPW!!!
Visit sterling-ma.gov/dept-public-works
for more information

Summer Concert Series 2015

Community Donors

MANY THANKS TO THE STERLING/LANCASTER CABLE TV -The volunteers and staff who tape all our concerts throughout the summer. You are a compliment to our Community.

Thank you to all of our Platinum sponsors for your generous donations!



Denotes sponsors whose donations exceeded platinum level